

## Timed Urine Collection

*Please Follow These Instructions Carefully*

**All urine during an overnight period must be collected into the supplied container.**

1. Prior to going to bed, empty your bladder into the toilet. Record this date and time on the label of the container. This is the start time.
2. Collect all urine passed during the night into the supplied container.
3. In the morning, empty your bladder into the container and write this date and time on the label of the container.
4. Return the container to the collection centre as soon as possible.

Helpful Hint:

- Using boiling water, wash out a plastic ice-cream container (or similar).
- Pass urine into this container then transfer to the supplied container.